Fearless Hearts Foundation News and Views July 2024

July 1, 2024

Dear colleague,

We hope you will enjoy the latest issue of Fearless Hearts Foundation News & Views.

In this issue
On Health, the benefits of walking
On Wealth, Freelancing Jobs and Passive Income Strategies
and on Happiness, the freedom to do that which you love..

To your well being, and on behalf of Fearless Hearts Foundation,

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Melinda M. Sörensson
+1 337 849 7568

Foundation Updates

Foundation Updates for July is available
The July Issue of InfiniSynechis is available

At the present time FHF does not have any business for profit opportunities to offer but some business resources are available at fearlessheartsfoundation.com and we hope you will be able to use them.

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For those who are interested in alleviating poverty globally, we recommend visiting Finca (https:/finca.org), a 40 year old non-profit that provides help in 45 countries.

Health

Walking has great benefits for both the boy and the mind.
Blue Zones are areas identified where people live long lives

Okinawa, Japan
Ikaria, Greece
Nicoya, Costa Rica
Loma Linda, Calif., U.S.
Sardinia, Italy

The 4 things the world's longest-living people do for good health and happiness
https://www.cnbc.com/2023/09/16/4-things-the-worlds-longest-living-people-do-to-stay-healthy-happy.html

People who live long, healthy lives have these 9 things in common—'I call them the Power Nine,' longevity researcher says

https://www.cnbc.com/2024/06/24/dan-buettner-9-things-people-in-blue-zones-have-in-common.html/

Wealth

Worldwide Freelance Jobs
https://www.theworkathomewoman.com/worldwide-work-from-home-jobs/?
Passive Income Avenues

15 Passive Income Ideas to Build Wealth in 2024

https://www.ramseysolutions.com/retirement/what-is-passive-income?

Happiness

To a great extent, individual happiness is dependent on one's degree of freedom.

"Degrees of freedom are the number of independent variables that can be estimated in a statistical analysis and tell you how many items can be randomly selected before constraints must be put in place. "

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https://www.investopedia.com/terms/d/degrees-of-freedom.asp#
In this context everyone is unique.

Everyone has the freedom to do that which one loves

"Let yourself be silently drawn by the stronger pull of what you really love.
Love is the bridge between you and everything" ~ Rumi

San Francisco Golden Gate Bridge as seen from Battery East.jpg

by Frank Schulenburg

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